

Steps 10 and 11

The steps are structured to provide recognition of our problem (alcoholism and the spiritual poverty that accompanies that disease), and the corrective measures to heal our past as far as humanly possible.

Beyond the humanly possible we turn to our spiritual life as an everyday reality. Whether clothed in the official structure of an established religion, or the method of moral living dictated by another sense of authority, we change our approach to daily life to live on a spiritual basis.

A basic definition of “spiritual” is given elsewhere, but it does no good to do the work of Steps 1 through 9 if we do not proceed to live in “a design for living that really works.”

The articles in this section are intended to help you with your ongoing spiritual growth and not as an indoctrination into an “authorized” spirituality.

When AA began, its members were all Christian. With the publication of the Big Book and the change of wording to allow for “God as you understand God,” or “A Higher Power,” Recovery has been expanded into every known religion and school of moral thought.

Standing with Christians in our meetings we have sober Jews, Muslims, Buddhists, Hindus, native beliefs, and organized schools on non-belief.

Those who have not settled the question of religion within their alcoholic haze find that they can first focus on the simplicity of not picking up one drink one day at a time and following the direction of the people who arrived before them.

They may jump through the “religion” hoop later, or they may not. They can still remain sober.

Even Atheists and Antitheists stay sober provided they recognize their sobriety as a consequence of a power greater than themselves. For some, this has been the fellowship of AA – the dozens of men and women they encounter who can do what the new person cannot do – stay sober!

It is the purpose of the following section to help expand your Recovery by exercising the steps in your daily practice of spiritual growth and interaction with the people of this world.